



DEPARTMENT OF THE INTERIOR
INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

FOR FOOD EDITORS

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CRAB MEAT SALADS MAKE WONDERFUL SUMMER MEALS

Hot summer days are salad days. You can vary your summer menus and satisfy your hungry family at the same time by serving a molded crab meat salad.

A molded salad is an easy way to turn out a hearty and attractive meal with little fuss. Molding it in the shape of a fish, with eyes of sliced, stuffed olives, and arranged on a platter garnished with watercress, gives you a summer salad as pretty as a picture.

Here's a recipe for a delicious and nutritious salad that can be made from fresh, frozen or canned crab meat now plentiful on the market according to the Fish and Wildlife Service.

MOLDED CRAB MEAT SALAD

1 pound crab meat
1 tablespoon gelatin
 $\frac{1}{4}$ cup cold water
 $\frac{1}{2}$ cup boiling water
 $\frac{1}{2}$ cup mayonnaise or salad dressing
 $\frac{1}{4}$ cup catsup
2 tablespoons lemon juice
 $\frac{1}{2}$ cup chopped celery
2 tablespoons chopped sweet pickle
2 tablespoons chopped stuffed olives
 $\frac{1}{4}$ teaspoon salt
Salad greens

Remove any shell or cartilage from crab meat. Soften gelatin in cold water for 5 minutes. Add boiling water and stir until dissolved. Cool. Blend mayonnaise, catsup, and lemon juice. Combine all ingredients except salad greens; mix well. Pour into mold and chill until firm. Unmold on salad greens and garnish. Serves 6.

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